Cheyenne & Arapaho
TRIBAL TRIBUNE

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Supreme court hears evidence to overturn elections, tribal headquarters on high alert

By Rosemary Stephens, Editor-in-Chief

Photo by Rosemary Stephens

Tribal members gather outside the Tribal Courthouse on Nov. 15, 2013 for a peaceful protest holding signs while inside the courthouse justices hear election appeals.

On Nov. 15, 2013 the Cheyenne and Arapaho Supreme Court convenes inside the Tribal Courthouse in Concho, Okla., to address two appeals to the 2013 elections. Outside, at the same time, a peaceful protest is taking place.

Tribal employees were sent notification via email that all offices would be closed on Friday, Nov. 15, except those providing emergency services to tribal members and the Tribal Courthouse due to security concerns, stating that threats had been received threatening a forced take over of the tribal headquarters.

Approximately 25 protestors, which included many tribal elders, arrived with signs in tow shortly before the court hearings were scheduled to begin.

Sara Pedro, who organized the protest, said they were present to protest the violation of their civil rights and to protest what they believe to be, as one of their signs read, "a bogus election."

"I organized this protest today because of everything going on with the tribe right now and Joyce Wood saying she was representing all the tribal members when she's not. I received an affidavit in the mail from Joyce asking for support and I feel like she violated my privacy, by accessing my personal information to send me that letter, when I didn't even know what was going on," Pedro said. "People who lived out of state who were not even registered voters in the primary or general election and not sent a ballot, were sent an affidavit. Fact is a lot of people who were registered to vote didn't get to vote because they didn't receive their ballots in time or in some cases not at all. Basically Joyce is saying she is hear appealing the election because she feels like her civil rights were violated, when in turn she violated everyone else's civil rights by accessing their private information."

Meanwhile, inside the courthouse, Supreme Court Judges, Daniel Webber, John G. Ghostbear and Richard Goralewicz, prepared to hear the two cases set before them on the docket.

The first case, Flyingman vs. Election Commission, and the second case, Joyce Wood, tribal member vs. Election Commission.

In his opening remarks, Flyingman's attorney , Brenden Ludwig said Flyingman and his running mate, Adrianna Harris, were left off the 2013 Governor/Lt. Governor's ballot illegally, and sought to have the election "thrown out" in order to allow Flyingman and Harris, to be placed on the ballot.

"At issue here today is a simple constitutional issue in regards to qualifications of the plaintiff, Darrell Flyingman, to participate as a candidate in the general election," Ludwig said in his open-

*See **Tribes election under appeals**, page 6*

Cheyenne District 2 Candidates
Alan Fletcher
Ramona Tallbear

Arapaho District 2 Candidates
Christine Morton
Dale Hamilton

POLLING SITES
Each poll site will be open from 7 a.m. to 7 p.m. on Tuesday, Dec. 17, 2013
Must show current valid photo I.D. No Copies of Photo I.D. will be accepted.

The C-2 and A-2 Poll sites:
Concho Community Hall, located at 200 Wolf Robe Circle
Concho, Okla.

Geary Community Hall, located at 132 E Main Street
Geary, Okla.

Show Barn at the Kingfisher Fairgrounds located at 300 Block of South 13th Street
Kingfisher, Okla.

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Native American astronaut speaks to youth

By Rebecka Lyman, Reporter, Ad Sales

"Education can help you soar to new heights"

John Bennett Herrington, who is the first Native American NASA astronaut, used to sit in a cardboard box when he was 8 years old and dream about blasting off into outer space.

At that age, he never worried his grades could keep him grounded, but they almost did.

Herrington thought he had his dream job at age 19.

"I got to hang off rocks for a living," Herrington said. "I didn't see how it could get any better than that."

Herrington, who had been expelled from the University of Colorado with a 1.72 GPA because his hobby, rock-climbing was of more importance than his studies, was able to find a job with a survey crew.

"I would hang off the side of a cliff holding a prism," Herrington told a packed auditorium of grade school students and teachers on Nov. 14, 2013 at the Redlands Community College in El Reno, Okla. "Then a guy would shoot a beam of light at the prism, and they could tell by the angle it came out if they were shooting it at the right angle. Light always moves in a straight line."

Herrington said it was his first time experiencing math, and he thought it was, "pretty cool."

"But hey, who cared about math when you could hang off rocks for a living, making $4 an hour," he said.

Fortunately, Herrington's supervisor did.

"My supervisor called me in one day and said, 'John, have you given any thought to what you're going to do after this.'" Herrington recalled.

Like most 19-year-olds, Herrington really hadn't thought about his future.

"I remember thinking to myself … I was at the top of my game and I was in a pretty good place in life," he said.

His supervisor continued.

"You can't raise a family on $4 an hour," Herrington said. "Why don't you go back to school?"

Photo by Rebecka Lyman

John Bennett Herrington, the first Native American astrounaut travels across the U.S. speaking to youth of the importance of education.

The Native American community might still be waiting for its first astronaut if Herrington had not taken his supervisor's advice.

"This time, I took a lesson from the prism and focused on my studies," Herrington said.

Herrington thought the prism was really cool and he ended up with a degree in applied mathematics.

In 1983, an encounter with a friend who had joined the Navy, made him think, "Maybe I should do that."

Herrington applied to the Naval Academy and received his commission a year later.

He eventually became a test pilot, and after learning many astronauts had a background as Naval test pilots, he went on to earn his Master's in Aeronautical Engineering before applying to NASA. He was accepted in 1996.

"It was a lot of hard work, but I was also in the right place at the right time." he said of his expedition.

After all that experience and education,

*See **Native American astronaut**, page 5*

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PREPARING FOR WINTER WEATHER

Winter is quickly approaching. In recent years, we have experienced winter weather storms, including devastating ice storms and blizzards. We all need to be aware of the natural threat we face in our communities and take responsibility to make sure we are properly prepared when disaster strikes.

We know that the Oklahoma Winters can be treacherous and that the well being of tribal members is a priority. In the event of an ice storm power outage and freezing temperatures the Cheyenne and Arapaho Tribes will be setting up emergency shelters in local towns and service areas for those affected and displaced. The shelters will have provisions of food supplies, bedding and shelter from the cold temperatures.

If your home is equipped with a secondary heat source such as a fireplace or fuel heater please make sure to have enough fire wood and fuel for that source. The Cheyenne and Arapaho Economic Development Program will have a limited supply of wood for emergencies, contact the Economic Development Program for firewood locations.

The Cheyenne and Arapaho tribes' Emergency Management group works with the Oklahoma Department of Emergency Management and the National Weather Service to raise public awareness about what individuals can do to prepare for hazardous winter weather.

Winter Weather Awareness Tips: Have A Plan.

Discuss with your family what to do if a winter storm watch or warning is issued.

Ensure your family knows meeting places and phone numbers of other family members in case they are separated when a winter storm hits.

Know what to do if basic services, such as water, gas electricity or telephones are cut off for an extended period of time.

Understand the hazards of wind chill. Cold temperatures are even more dangerous and potentially deadly when combined with strong winds. The lower the temperature and stronger the wind, the more at risk you are.

Check on family, friends and neighbors, especially the elderly. Make sure they are prepared.

Plan to bring pets inside during winter weather. Move livestock to sheltered areas with non-frozen drinking water.

Install and check smoke and carbon monoxide alarms.

Let faucets drip to avoid freezing pipes and know how to shut off water valves if necessary.

Have an alternate heating method such as fireplace or wood or coal burning stove. Always be cautious using a portable space heater.

Have your car winterized before the winter storm season. Keep your gas tank full for emergency use and to keep the fuel line from freezing.

Make sure your home is properly insulated. If necessary, insulate walls and attic. Caulk and weather-strip doors and windowsills.

Install storm windows or cover windows with plastic from the inside.

To keep pipes from freezing, wrap them in insulation or layers of old newspapers. Cover the

newspapers with plastic to keep out moisture.

Make a kit.

Windshield scraper, de-icer, snow shovel and small broom for ice and snow removal.

A cell phone with charger and a batter powered radio

Several blankets or sleeping bags.

Mittens, they are warmer than gloves.

Rain gear, warm coats and extra sets of dry clothing, mittens, socks and a cap.

Non-perishable snacks like dried fruit, nuts and other high energy "munchies".

Bottled water. Eating snow will lower your body temperature. If necessary, melt it first.

Sand or cat litter for generating traction under wheels and a set of tire chains or traction mats.

Jumper cables, flashlight with extra batteries, first aid kit and brightly colored cloth to tie to antenna if you get stranded.

Stay informed.

Know what National Weather Service winter storm and blizzard watches and warnings mean.

A winter storm watch is a message indicating a winter storm is possible in your area.

A winter storm warning indicates a winter storm is occurring or will soon occur in your area and could threaten life and property.

A winter weather advisory means winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists.

A frost/freeze warning means below freezing temperatures are expected.

Ice storms usually bring heavy accumulations of ice that can bring down trees, electrical wires, telephone poles and lines, and communication towers. Communications and power can be disrupted for days while the utility companies work to repair the extensive damages.

A blizzard warning means sustained winds or frequent gusts to 35 mph or greater and considerable falling or blowing snow is expected to prevail for a period of three hours or longer.

Depend on your NOAA All Hazards Weather Radio, along with local radio and television stations for weather reports.

Be cautious with alternative heat sources.

Never use generators, grills, camp stoves or other gasoline or charcoal burning devices inside your home or garage. They produce carbon monoxide.

Never heat a home with an oven if the electricity goes out.

Use fireplaces, wood stoves or other combustion heaters only if they are properly vented.

Do not place a space heater within 3 fee of anything that may catch on fire, such as drapes, furniture or bedding, and never cover your space heater.

Never leave children unattended near a space heater.

Do keep a multipurpose fire extinguisher on hand in case of emergency.

Protect yourself from carbon monoxide poisoning by installing a battery-operated carbon monoxide detector and never using generators, grills, camp stove or similar devices indoors.

COMMUNITY HALL CONTACT INFORMATION

Concho Community Hall
Office: (405) 422-7433
Elsie Sage Cell:
(405) 778-0524
Matt Reyes Cell:
(405) 532-3591
Anthony Lime Cell:
(405) 471-3473
Jewell Pedro Cell:
(405) 639-7632
200 Wolf Robe Circle
Concho, OK 73036

Concho Native American Church
Office: (405) 422-7712
Anita Hoffman Cell:
(405) 999-5898
100 Red Moon Circle
#Bldg 3
Concho, OK 73022

Seiling Community Hall
Office: (580) 922-3212
Edward White Buffalo Cell:
(580) 940-0309
411 North Main
Seiling, OK 73663

Geary Community Hall
Office: (405) 884-2242
Joseph Fletcher Cell:
(405) 613-9958
132 E. Main
Geary, OK 73040

Watonga Multipurpose Center
Office: (580) 623-2385
Jonathon Reyes Cell:
(580) 791-0509
1000 S. Clarence Nash Blvd.
Watonga, OK 73772

Hammon Community Hall
Office: (580) 473-2064
Janell Byrd Cell:
(580) 799-1523
801 Dunn Street
Hammon, OK 73650

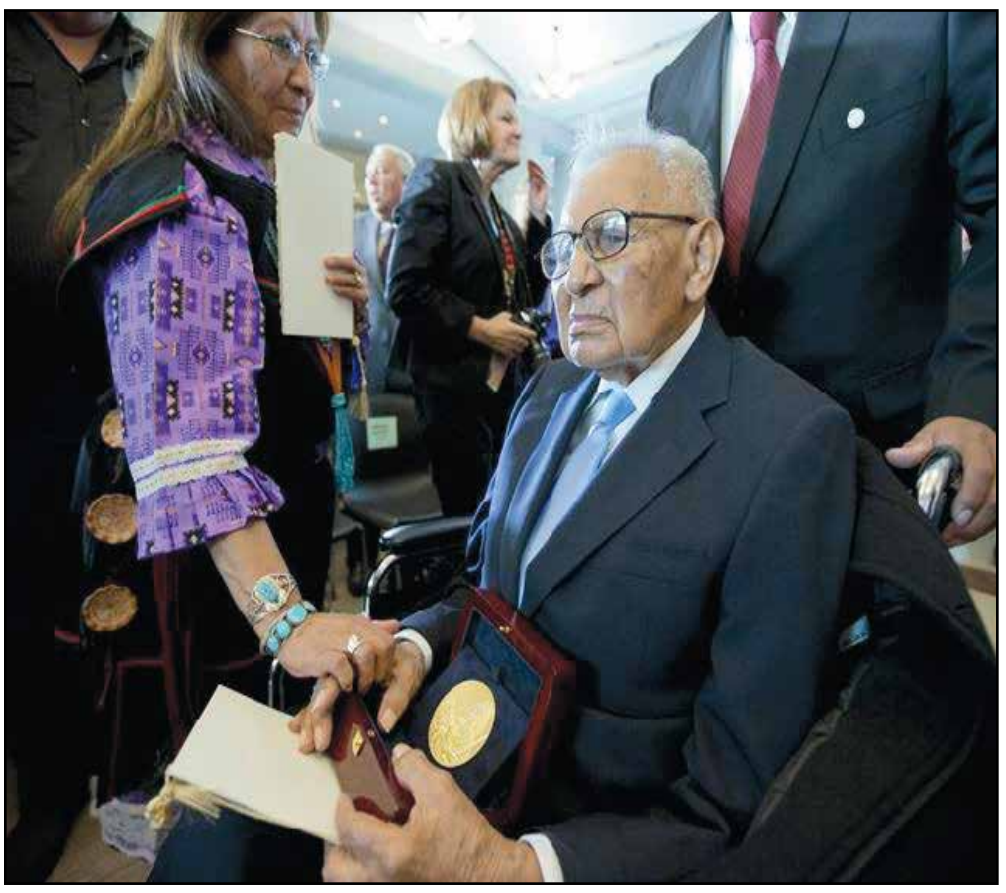
Canton NAC Building
Office: (580) 886-3527
Monica Allen Cell:
(580) 791-3057
206 N Broadway
Canton, OK 73722

Native Code Talkers to be honored with Congressional Gold Medals

Washington, DC-Native American Code Talkers played a significant role in Allied victories during the major campaigns of World War I and World War II. While Navajo Code Talkers have been acknowledged and awarded Congressional Gold Medals for their service, what is not known widely is the extensive participation for these purposes by Native Code Talkers from dozens of tribes.

Now these courageous warriors will be honored with presentation of Congressional Medals for their valor and service to this nation.

The National Congress of American Indians (NCAI) joins the nation in honoring these daring and humble warriors who played a critical role in preserving and protecting this country, our freedoms, and our way of life.



AP Photo by Manuel Balce Ceneta

Edmund Harjo, one of the last surviving code talkers of the Seminole Nation of Oklahoma, holds his Congressional Gold Medal, during a ceremony on Capitol Hill in Washington, Wednesday, Nov. 20, 2013, honoring twenty-five Native American tribes who received the medal, in recognition of the dedication and valor of the code talkers and their service to the U.S. Armed Forces during WWI and WWII. "Code talkers" refers to those Native Americans who used their tribal languages as a means of secret communication during the war.

Code Talkers from various tribal nations served as highly classified specialists on dangerous battlegrounds. These soldiers were so valuable to the war effort that their commanding officers were ordered to kill the Code Talkers in the event of imminent or actual capture. The Code Talkers were aware of this added risk to their lives and continued to face that threat every day in action.

The Congressional Gold Medal is awarded as the "highest expression of national appreciation for distinguished achievements and contributions made by an individual or institution. Other recipients include George Washington, Thomas Edison, Jonas E. Salk, Rosa Parks, and Navajo Code Talkers.

Thirty-three tribes will be recognized in a ceremony and the families of deceased Code Talkers will be honored with silver medals.

NCAI is extremely proud to have contributed to the effort to recognize these distinguished men and wish to express appreciation to tribal leaders, tribal community veterans, and the congressional sponsors with whom we have worked for many years to accomplish this long overdue recognition for these war heroes.

University of Oklahoma announces 16th annual Native Diabetes Prevention Conference

Norman, OK-The American Indian Institute at the University of Oklahoma announce the 16th annual Native Diabetes Prevention Conference to be held Jan. 12-15, 2014, at the Hilton Phoenix/Mesa in Mesa, Ariz.

The ongoing theme of this conference is "Protecting the Generations: A Lifespan Approach to Preventing Diabetes." The University of Oklahoma will provide 1.65 CEUs or 16.5 contact hours to any participants seeking continuing education.

This conference brings together tribal members from American Indian, Alaska Native, and Canadian First Nations communities, individuals representing academia, tribal health systems, public health, diabetes educators, community health representatives, and more.

General sessions, workshops, and wellness activities will focus on diabetes prevention using a blend of traditional and contemporary strategies. Areas of focus include diabetes prevention programs, diabetes prevention research, and wellness for diabetes prevention and self-management.

Topics include traditional food projects, nutrition for diabetes prevention and management, diabetes and pregnancy, diabetes program successes, tribal community and school-based interventions, multi-disciplinary team approach for diabetes prevention and treatment, wellness and physical activity programs for diabetes prevention, coping with grief (for patients) and/or identifying grief in diabetes care (for care providers), men and women's talking circles/ support groups on coping with diabetes and wellness activities such as Zumba, Yoga, Pilates, Circuit Training and high intensity workouts, walking groups, water aerobics, line dancing, and traditional games.

For more information visit www.aii.ou.edu/native-diabetes2013.

Natives on bullying and suicide: 'Coulda drowned, but I grabbed a rope'

By Julieanne Jennings

The rising teenage suicide rate (or attempted suicides) among any population is sorrowful. Multiple youth suicides send waves of hopelessness and despair throughout all communities in which they occur.

In a recent article by the National Education Association, *Bullying Emerges as a Contributing Factor: The Scourge of Suicides among American Indian and Alaska Native Youth*, revels, "American Indian children and teenagers are committing suicide at more than three times the rate of the overall youth population in this country. Among American Indian and Alaska Native youth, suicide is the second leading cause of death behind accidental injuries."

Vulnerability factors include high rates of poverty and unemployment, substance abuse, family breakdown, pressure to abandon their traditional culture, and a lack of culturally sensitive mental health care providers and resources to address their unique needs.

Additional causes are described as "stressful events" that can trigger a suicide, according to researchers and public health professionals. One such stress event for American Indian and Alaska Native youth who have committed suicide is the loss of an adult who has been close to them, a parent, grandparent or some other family member, due to death, divorce or desertion.

Another major stress event is "the suicide of a friend or peer, hence the multiplier effect of suicide." Another is persistent and pernicious bullying.

Other critical factors include "historical trauma," psychological trauma occurring over generations that has negative and far-reaching effects on past, present and future generations. And in many cases, low self-esteem and poor school performance is perpetuated by the dominate narrative of perpetual progress offered by educators that place racial and ethnic minorities largely as incidental characters to America's myth-building story. As a consequence, the realization for many non-Indian students is that Indians don't matter.

From the first Thanksgiving, Columbus' "Raid on the New World" to the settling of America, the American Indian has suffered a long history of violence, oppression and marginalization. Such affects have created deep gaps in our socio-economic realities, and has paved the way for the continuous poisonous toad of racism against us, even in the classroom.

My 16-year-old daughter recently spent 20 days in a mental health facility for cutting, depression and anxiety as a result of being bullied at school because she was viewed as being "different," a young "mixed-race Indian woman determined to graduate high school and go on to be a cosmetologist."

The vast majority of American Indian and Alaska Native students attend K-12 public schools. Educators are committed to the proposition that every student has the right to learn, grow and develop his or her full potential, regardless of one's personal, sexual and social orientation, it is critical that we address the bullying issue.

My daughter explains, "Coulda drowned, but I grabbed the rope." She sought adult help before it was too late. She was one of the lucky ones, others may not be that fortunate.

Student-to-student bullying is not acceptable; and is a human rights issue. It violates a student's basic human right to a quality education, and its impact on the bullied student can be severe, including increased absenteeism, lowered academic achievement, increased anxiety, loss of self-esteem and confidence, depression, deterioration of physical health, and suicidal thinking.

What can be done? School employees and school districts have a moral and legal obligation to put a stop to such harassment or bullying based on race (Title VI of the Civil Rights Act of 1964). Moreover, school administrators must not only discipline the perpetrators, but they and the other school employees also have a responsibility to take steps to create a school environment in which such discriminatory harassment and bullying does not recur.

The Office for Civil Rights, United State Department of Education offers technical assistance to help schools achieve voluntary compliance with the civil rights laws and works with schools to develop creative approaches to preventing discrimination by bullying or harassment. Let's stop bullying now.

Julianne Jennings (Nottoway) is an anthropologist.

Native Business: Operating and Capital Budgets

By Jim Stanley, Tribal Tribune Correspondent

Economic development within Indian Country is being pushed forward at increasing speed as Tribes learn to utilize both operating and capital budgets because these tools coordinate the allocation of resources, i.e. people, money, equipment, land and building, etc. Success may still be had without utilizing an operating and capital budget but likely at a slower pace.

Operating and capital budgets tie-together goals, strategy, and tactics of an organization. An operating budget is a detailed projection of all estimated income and expenses based on forecasted sales revenue during a given period, usually a year. A capital budget is the planning of long term corporate financial projects using debt or equity to increase the value of a business, usually three to five years but can be longer. An operating budget is a short term budget; a capital budget is long term.

A primary goal of Tribal economic development is to increase the value of a portfolio of businesses so sufficient cash is produced to support a community. A business increases in value as it is able to improve both gross sales and net income after operating expenses and finance charges which is dependent upon management's effectiveness to plan, understand, and execute an overall strategy. Additionally, success can be defined in many different ways but usually tied to profit because the purpose of a business is to make profit and a result of profit is cash, the lifeblood of an organization.

JimStanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a tribal member of the Quinault Nation,Treasurer of the Tribal C-Store SummitGroup, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to JimStanley@biz.com.

Submitted photo

Cheyenne Chief Consultation meeting with the American Indian Cultural Center and Museum in Oklahoma City on Nov. 14, 2013. Pictured l-r: Top: Larry Roman Nose, Kenneth Beartrack, Melvin Miles, Executive Director of Museum Blake Wade, Rayford Gray, George Oldcrow, Alan Fletcher and Francis Hamilton. Left to right: Bottom: Thurman Star, Harding Levi (boy chief), Roy Dean Bullcoming, Robert Woods Sr., Gordon Yellowman and Matthew Russell.

Oklahoma Council for Indian Education
One Vision: Mobilizing for Student Success
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Oklahoma has the highest Native student population in the United States. Indian Education in Oklahoma remains stagnant in efforts to increase graduation rates, parental involvement, and student academic achievement. The Oklahoma Council for Indian Education is inviting you to the table for meaningful dialogue on how to address the barriers that prevent us from moving forward and to establish partnerships with public schools, parents, and other stakeholder organizations to address these educational disparities. Together we will mobilize for student success!
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2013 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARD WINNER & 2013 WINNER OF THE OPA 2012 BETTER NEWSPAPER CONTEST

Snatching food from the mouths of babies: SNAP cuts

By A-dae Vena Romero & Raymond Foxworth

On Nov. 1, 2013, Supplemental Nutrition Assistance Program (SNAP) benefits were cut following the expiration of the 2009 American Recovery and Reinvestment Act. These cuts mean that nearly 48 million SNAP recipients nationally, mostly households with children, seniors, and people who are disabled, will have less money for food purchases. For American Indians in the United States, the effects of SNAP cuts will be especially brutal, snatching millions of dollars in money for food purchases directly from the mouths of American Indian families, children and seniors.

Born in the 1960s during Lyndon Johnson's war on poverty, the national Supplemental Nutrition Assistance Program (SNAP), formally called the Food Stamp Program, has become the largest social safety net in the fight against malnourishment and hunger in the United States. Largely targeted toward assisting low-income and no-income people, SNAP benefits have become a valuable social program to help meet the nutritional and hunger needs of the most vulnerable in our society. Today, SNAP has become a political tool in a game of political polarization where the most vulnerable are likely to feel the most significant brunt.

In 2010, 24 percent of all American Indian households in the United States received SNAP benefits, compared to roughly 13 percent of all U.S. households. Even with SNAP benefits to assist households, research by Erin Shirl of the University of Arkansas has noted that over 51 percent of SNAP beneficiaries are still food insecure, meaning they have limited or uncertain availability to nutritionally acceptable and safe foods needed maintain a healthy lifestyle.

Even though a large percentage of American Indians receive SNAP benefits, current data suggests that a large percentage of American Indians are food insecure. The nationwide food insecurity average for all American Indian adults, not just SNAP beneficiaries, is one in four, meaning one in every four American Indians is food insecure. Moreover, current data suggests that one in three American Indian children are food insecure. In total, roughly 22 percent of American Indians do not have sufficient food maintain healthy lives.

Even more astonishing, current statistics note that one in 10 American Indian households experience outright hunger, which goes well beyond limited or difficult access to food. These households go hungry because they simply cannot afford to eat. Not surprisingly, according to the USDA's food desert locator, almost every American Indian reservation is classified as a "food desert," meaning that access to affordable and quality healthy food is extremely difficult. What all these data suggest is that the potential SNAP cuts for Indian country will run deep and have significant impacts on access to food for those already vulnerable and susceptible to food insecurity and outright hunger.

Food has always taken center stage in the historical pageantry and narrative between American Indians and non-Indians. Be it the historical pomp surrounding the first Thanksgiving, George Washington ordering the slashing and burning of thousands of acres of Iroquois corn, or purposeful destruction of Apache and Pueblo fields and orchards in the Southwest, food has always been a mechanism to force American Indian reliance and dependency on the federal government. In fact, food was one of the central drivers in U.S.-Indian treaty formation, with many treaties stating a negotiation for peace and food. In fact, the very first treaty between the United States and the Delaware tribe in 1778 was for the passage of U.S. troops through Delaware territory and for corn, meat and horses. Today, food reliance and dependency has borne out in extreme poverty, unemployment, food insecurity and, in some cases, outright hunger for American Indians. Now, because of inaction in Congress, American Indian families will see even greater cuts in extremely needed social benefits.

The American political and consumer economy has severely eroded the value of food, and SNAP is a great gauge of the government's value of food for the average American family. Current estimates note that, on average, SNAP cuts will cost a household of three (e.g., a mother with two children) roughly $29 a month or about $319 for the next 11 months. The Center on Budget and Policy Priorities noted that this cut is equivalent to cutting about 16 meals a month for a family of three as predicted by the USDA's "Thrifty Food Plan." In total, families will be left with roughly copy.40 per person per meal, (about $4.20 to spend on a full meal for a family of three). In Indian country, where the price of food is already higher than in urban areas and where the cost of traveling to food centers put additional expenses on food, these cuts will have exponential effects on already vulnerable Indian families and seniors. For example, while the average cost of a gallon of milk is $3.50 in a typical American city, on reservations in New Mexico the cost is $4.95 and over copy0 in Alaska Native communities. Thus, these significant cuts are likely to lead to even greater rates of food insecurity and outright hunger in Indian country.

How cost-effective are SNAP cuts? It is reported that SNAP cuts will save the federal government nearly $5 billion. However, an increasing body of research has documented the strong relationship between income, diet and poor health outcomes. Research by P. Peter Basiotis and others has shown that individuals with diminishing incomes tend to increase consumption of low-cost, more energy-dense foods with higher calories that are often composed of refined grains, added sugars or fats to maintain energy. In a similar vein, research by the National Health and Nutrition Examination Survey has noted that food insecurity and obesity rates are strongly linked. On average, the National Institutes of Health reports that obese individuals pay copy, 723 more a year in health care costs than an average-weight person.

Therefore, while SNAP is purporting to save money by decreasing payments to SNAP recipients, food insecurity will likely increase, and so will negative health outcomes like obesity, thereby increasing health care costs for SNAP recipients. Most SNAP participants are already on some form of publicly-funded health care such as Medicaid. For American Indians, most of those health care costs will be fronted through the Public Health Service, also a U.S. government entity. So one has to ask, is the government really saving money with SNAP cuts? Or is the flow of money merely being diverted from the pocketbooks of the poor to others like the medical industry.

A good measure of the effectiveness of any government is the extent to which they are able to care for the most vulnerable within their society. SNAP cuts suggest that the poor will once again be at the losing end of government ineffectiveness, where cuts will take food directly out of the mouths of vulnerable children, families and seniors. In Indian country, where unemployment and poverty rates are significantly greater than in most urban areas, SNAP cuts will greatly increase both near- and long-term economic and health consequences. It is time for both Congress and tribal governments to focus on developing more long-term and sustainable solutions to issues of hunger and food insecurity among poor Native families. Until they do, the most vulnerable of our society will continue to be on the losing end of government inaction.

Sundance Institute's Native American and Indigenous Film Lab submissions open

Program now accepting applications through Feb. 3, 2014

LOS ANGELES, Calif. — Sundance Institute's Native American and Indigenous Program announced an open call for applications for its 2014 Native Lab Fellowship, a two-stage artist development program that begins with a filmmakers lab in May 2014. Four projects are selected each year for the Fellowship program, which is open to Native American, Native Hawaiian and Alaska Native film artists.

Applicants are asked to submit a proposal for an original narrative, documentary short or feature length film. Applications are selected based on their originality, artistic voice and potential to advance toward production. Storylines do not require a Native American theme.

"We encourage artists from all tribal communities to submit their work to the Native Lab for consideration," says Bird Runningwater (Mescalero Apache), director of the Sundance Institute Native American and Indigenous Program. "The creative environment Sundance Institute fosters gives filmmakers an opportunity to shape their work, find a unique voice and share different perspectives through film."

The Sundance Institute Native Lab Fellowship is a vital part of the organization's full circle of support for Native filmmakers to help them get their films made and seen. Some past Sundance Institute Native American and Indigenous Program alumni include: Aurora Guerrero (Mosquito y Mari); Billy Luther (Miss Navajo); Andrew Okpeaha MacLean (On the Ice); Chad Burris (Barking Water); Sterlin Harjo (Four Sheets to the Wind) and Sydney Freeland (Drunktown's Finest).

Applications must be completed by Feb. 3, 2014. The application is now online at ww.my.sundance.org/forms/native.

Sundance Institute Native American and Indigenous Program Celebrating its 20th anniversary and rooted in the recognition of a rich tradition of storytelling and artistic expression by Native American and Indigenous peoples, Sundance Institute's Native American and Indigenous Program operates the Native Forum at Sundance Film Festival, as well as the Native Lab Film Fellowship and the Native Producers Fellowship established for emerging Native American/Alaska Native/Native Hawaiian filmmakers. The program has also established filmmaker labs in New Zealand and Australia. The program has supported such projects as *Bran Nue Dae, Here I Am, Four Sheets to the Wind, Barking Water, Eagle vs Shark, Boy, Miss Navajo, Grab, Sikumi, On the Ice and Mosquita y Mari.*

Sundance Institute, founded by Robert Redford in 1981, is a global, nonprofit cultural organization dedicated to nurturing artistic expression in film and theater, and to supporting intercultural dialogue between artists and audiences.

The Institute promotes independent storytelling to unite, inform and inspire, regardless of geo-political, social, religious or cultural differences. Internationally recognized for its annual Sundance Film Festival and its artistic development programs for directors, screenwriters, producers, film composers, playwrights and theatre artists.

Heap of Birds lectures and exhibits artwork in London, England and Valencia, Spain

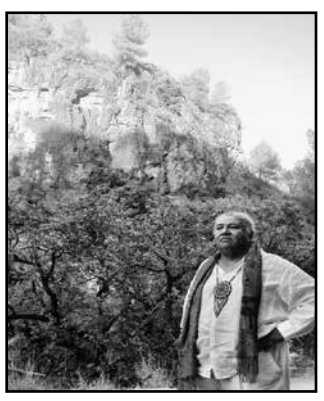
University of Oklahoma (OU) professor, artist and tribal member, Edgar Heap of Birds, participated in an international indigenous humanities conference, two art exhibitions and three lecture engagements in Europe Oct. 20-Nov. 2, 2013.

Heap of Birds was a featured speaker for Royal Holloway University and Notre Dame University, London, England as part of the international conference titled, "In Balance; Indigeneity in the Contemporary World, Performance, Politics and Belonging".

A component to the conference was an exhibition at the Barge House Art Space Gallery on the Thames River near Big Ben, London. Heap of Birds exhibited his mono prints in the show called " Eco Centrix". He was accompanied in London by his wife, Shanna and their 4-year-old daughter, Deezbaa Lightening Woman Heap of Birds. Shanna held meetings with Middlesex University, London.

While in London Heap of Birds also served as a consultant to the Royal Academy of Art with regards to planning of an upcoming exhibition. The artist critiqued artworks and gave creative suggestions to six graduate masters students attending the Royal Academy of Art.

In Valencia, Spain, Heap of Birds participated in the Native American group exhibition titled, " Indigenous Brilliance". This traveling and ongoing exhibition, formerly showcased in Italy, includes over 20 Native American artists. The exhibition was hosted in a pre medieval mountain village of Olocau. Olocau is nearly 25 miles northeast of the Mediterranean coastal city in Valencia. A well-attended lecture was presented in Olocau. The power point and video talk was titled, " Heads Above Grass; Provocative Native American Public and Studio Fine Art". This speech exemplified the survival and resilience of the Cheyenne and Arapaho Nations after both the Sand Creek and Washita massacres. The presentation signifies the power, strength and determination Oklahoma tribal citizens of today.



Heap of Birds continues this season, while teaching in the Native American Studies Program at O.U., with assignments in Vancouver, British Columbia, Canada, Baltimore, Maryland, New York City and an important speech scheduled at the Heard Museum, March 2014 in Phoenix, Ariz.

2013 Morning Star Warrior ends reign

Hello friends and relatives, my name is Marvin Garcia Jr. and my Cheyenne name is Mavissi. I am from the Oklahoma City and I am the formal 2011- 2013 Northern Cheyenne Morning Star Warrior Traveling Ambassador.

I ended my reign a few weeks ago during our school's Native American week.

My parents are Marvin and Ann Marie Garcia. I am currently attending Lame Deer High School where I am a senior with a 4.0 GPA. I was named student of the month for October and I am part of the National High School Honor Society.

I dance Northern Traditional style, and my colors reflect the Cheyenne style and also to honor my great-grandfathers.

I would like to first thank and acknowledge my parents, who have been my biggest supporters. They devote their time into taking myself and my sisters to many powwows both near and far. Their love, guidance and prayers are what help me everyday in whatever task or challenge I may have.

This past two years have been an awesome experience for me as the Morning Star Warrior Traveling Ambassador. I met many people on my travels and made many friends. This title was truly a humbling honor. Although my reign is coming to an end, my journey has just begun.

I would also like to thank the Lame Deer High School committee for their support, friendship and for giving me an opportunity to represent such an awesome high school. I will never forget this experience and I consider this as a great highlight in my life that I will cherish.

Without my family and friend's support, I would not have been able to do this. My aunts, uncles, grandmother, cousins, your love and kindness will remain with me forever, my love and appreciation is with you forever.

In the spirit of powwow, I would just like to wish everyone safe travels and may the Creator bless your path.

Kakiitimaatsin (until we meet again)

Newly Crowned Miss Morning Star

Marleah Garcia is 15 years old, and a school.

Marleah won the 2013-2014 Miss Morning Star Princess pageant. She Will represent the Lame Deer Morning Star High School for one calendar year, speaking and traveling as a Good Will Ambassador for the High School.

Her parents are Marvin and Ann Marie Garcia. Her grandparents are John and Corinne Washee, Francis Garcia and Franklin Red Cherries Jr.

The family is very proud of Marleah and her accomplishments.

2013-2014 College of Menominee Nation student government elected

Submitted article

Photo by D.Kakkak/College of Menominee Nation

College of Menominee Nation (CMN) student government officers and advisors are (L-R): Advisor Theresa Martin; President, Sally Hill, Comanche; Keshena Campus Representative Zachariah Romans, Cheyenne and Arapaho, CMN President, Dr. Verna Fowler; Secretary Angela Schneider; Vice-President, Courtney Behrendt, Treasurer Harold Bowman and Advisor Michael Faulds.

Keshena, WI - The 2013-2014 College of Menominee Nation (CMN) student government is being led this academic year by Sally Hill, president, Courtney Behrendt, vice-president, Harold Bowman, treasurer and Angela Schneider, secretary.

The Keshena campus representative is Zachariah Romans. The Green Bay/Oneida campus representative is Michael Guyette. Advisors for CMN's student government are Teresa Martin, Keshena campus, and Michael Faulds, Green Bay/Oneida campus.

Hill, a member of the Comanche Nation, makes her home in Seymour, WI. Behrendt lives in Green Bay, WI, Bowman, a Stockbridge-Munsee member lives in Cecil, WI and Schneider is a resident of De Pere, WI. Romans, a member of the Cheyenne and Arapaho tribes, lives in Green Bay and Guyette 's home is in Green Bay.

Hill said, "My goal is to help create a positive and exciting experience for students here at the College of Menominee Nation. A positive atmosphere on campus helps to get more students involved in activities and therefore creates more experiences for each student." She added, "The diversity of cultures, not just the many Native Tribes that are represented here, adds to the wide range of traditions and values that each student has to offer."

Submitted photo

Cheyenne and Arapaho Education staff, Maria Thorpe, Wayne Runnels and Maghan Miles, place in the 11th annual Basil Williams All-Indian Basketball tournament in New York state.

Tribal members bring back winning medals from New York state

On Nov. 7-9, 2013, three Cheyenne and Arapaho Education staff participated in the 11th annual All-Indian Basil Williams Memorial Basketball tournament on the Cattaraugus Reservation located in the northern part of New York state. The Cattaraugus Reservation is home of the Seneca Indian Nation of the Iroquois Confederacy.

In 2002 Basil William's family began the Memorial Basketball tournament in honor of Williams for his major role in developing sports programs for the youth within the Seneca Nation and helping the nation progress as a whole.

Maria Thorpe and Mahgan Miles, Cheyenne and Arapaho tribes' STEP education specialists, won the Women's Division for the third year in a row. Wayne Runnels, Tribal Youth Counselor, won first in the Men's Division. Runnels also received Most Valuable player honors.

Native American astronaut

continued from page 1

Herrington found himself right back where he started from, hanging off something.

In 2002, on the 16th Space Shuttle mission, the Chickasaw tribal member was chosen for a space walk. With others on the mission, he installed a piece of equipment on the International Space Station.

"As a rock climber it was the ultimate place to be on the edge of a 220-mile cliff," Herrington laughed.

Herrington said the mission he performed included three spacewalks totaling nearly 20 hours.

Shortly after his mission he was diagnosed with osteoporosis and was told he would not fly on the space shuttle again.

"It was a major bummer," Herrington told the young students in the auditorium. "But I did have one more adventure with NASA before retiring, serving as commander of the NEEMO 6 underwater laboratory in 2004."

Now retired, Herrington decided to get involved with the commercial space industry, but when it became clear to him that he was not exactly moving at the speed of light, he resigned and has since been working for the Chickasaw tribe and accepting public speaking engagements.

"I am just a regular guy trying to make sure that our Native American youth see the importance of education," Herrington said.

Before the guest speaker took to the podium Herrington took time to interact with a 9-year old boy, Asa Worthington, Native American student from Carnegie Elementary.

Herrington greeted Asa with a high-five. The young man brought with him a poster board he made for a school project and for fun Asa signed a photo of himself in his very own astronaut suite.

"I want to be an astronaut just like John," Asa said. "When I was in the third grade our school asked that we write about a famous person who lived in Oklahoma. I started my research on the Internet for famous astronauts and I seen Mr. Herrington lived in Wetumka, Okla."

Asa said it was even cooler that Herrington was Native American like himself.

"I had to do my school project about him (Herrington)," Asa smiled.

Herrington said a high percentage of Native American students struggle with their first year of college.

"I was no exception," Herrington said "I think a lot of people need to realize that you can fall down, but you have to get back up and keep running."

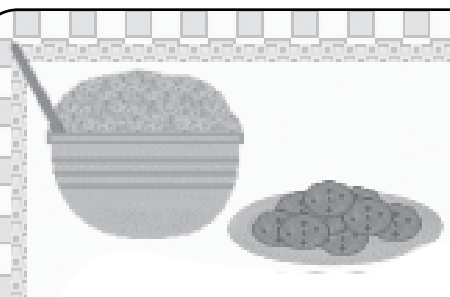
Herrington also had some advice for the teachers at the speaking engagement.

"When educating young people in the classroom, teachers should get out of the books," Herrington said. "A lot of kids … Native American kids especially, learn from physical contact."

Herrington travels across the U.S. speaking to Native American youth and educators.

Photo by Rebecka Lyman

Asa Worthington is excited to show off his school project to the person he looks up to the most, astronaut John Bennett Herrington. Herrington spoke to youth of the importance of education at Redlands Community College on Nov. 14.



Bison Chili

Makes 4 servings

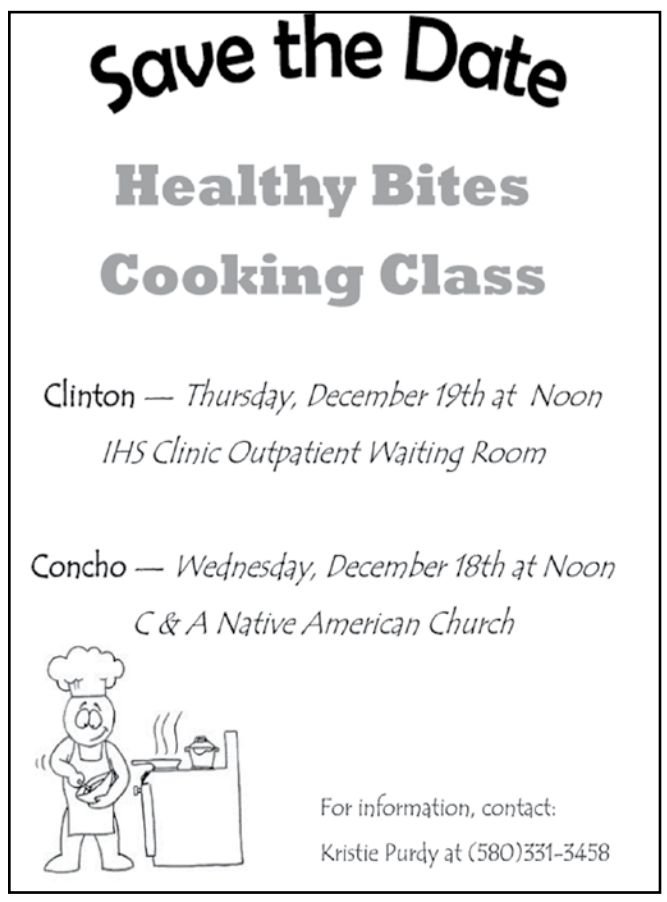
Recipe taken from USDA Website

1 pound ground bison
1 medium onion, chopped
1 (15.5 ounce) can pinto beans, rinsed and drained
2 (15.5 ounce) cans tomatoes, undrained
1/2 cup water
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/4 cup fresh cilantro, chopped
Optional toppings: grated cheese or diced jalapeño peppers

1. In a non-stick skillet, cook the ground bison and onion in a small amount of oil until the meat is browned and the onion is tender.
2. Add the pinto beans, tomatoes, water, and seasonings. Cover and simmer for 1 hour, adding more water if chili becomes too thick.
3. Add chopped cilantro and simmer an additional 10 minutes.
4. Spoon into bowls and garnish with grated cheese or diced jalapeño peppers, if desired.

Variation:

To lower the sodium content: Use salt substitute instead of salt and use low-sodium canned tomatoes and low-sodium canned beans.


Save the Date
Healthy Bites
Cooking Class
Clinton — Thursday, December 19th at Noon
IHS Clinic Outpatient Waiting Room
Concho — Wednesday, December 18th at Noon
C & A Native American Church
For information, contact:
Kristie Purdy at (580)331-3458

BRIEFS AT A GLANCE

Electronic Records Management for Tribal Organizations

Dec. 9-10, 2013 at the Westin in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Employment Law for Tribes and Tribal Organizations

Dec. 9-11, 2013 at the Westin in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Education in Indian Country Conference

Dec. 9-10, 2013 at the Morongo Casino Resort and Spa in Cabazon, Calif. For more information visit www.nativenationevents.org.

Oklahoma Council for Indian Education's 34th annual Conference

Dec. 10-11, 2013 at the Sheraton Conference Center in Midwest City, Okla. For more information or to register visit www.oklahomaocie.org.

National American Indian Housing Council's Legal Symposium

Dec. 10-12, 2013 at the Venetian in Las Vegas, Nev. For more information or to register visit www.naihc.net.

National Indian Board Members Summit

Dec. 11-13, 2013 at the Westin Las Vegas hotel in Las Vegas, NV. For more information visit www.falmouthinstitute.com.

Indian Coutry's Supervision and Management Summit

Dec. 11-13, 2013 at the Westin Las Vegas hotel in Las Vegas, NV. For more information visit www.falmouthinstitute.com.

Managing Contract Health Services and Leveraging the Affordable Care Act

Jan. 9-10, 2014 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Indian Housing Law

Jan. 22-24, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The fourth annual Native American Human Resources Conference

Jan. 26-27, 2014 at the Penchange Casino Resort in Temecula, Calif. For more information or to register visit www.nativenationevents.org.

Social Media for Tribal Governments

Jan. 27-28, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The fourth annual Native American Human Resources Conference

Jan. 27-28, 2014 at the Penchanga Casino Resort in Temecula, Calif. For more information visit www. nativenationevents.org.

Native American Leader's Forum

Feb. 19-21, 2014 at the Sheraton in New Orleans, LA. For more information visit www.nativenationevents.org.

Tribes election under appeals

continued from page 1

ing remarks.

After three and a half hours of hearing testimony and closing remarks from attorneys, Justice Webber announced that a decision in Flyingman's case would be issued within ten days. He stated they (Justices) needed more time to examine all the evidence and review all the testimony, and, "we are not in agreement of what that decision should be at this time."

The next case to be called was Wood's appeal, which alleged that the primary election was invalid due to several violations of the Election Law and Order Codes. Wood was seeking to have the results of the primary election thrown out based on these violations:

1. Absentee ballots being mailed out as late as four days before the primary election. Under the tribes' election code, absentee ballots must be sent out no later that 21 days in advance.

2. Use of provisional ballots, which are not referred to in the tribes' election code.

3. Using the tribes' enrollment list rather than the voter registration list to confirm whether someone could cast a ballot.

4. By using clear plastic tubs for ballot boxes, voters could not cast ballots in secret.

5. The election commission attempted to place constitutional amendments on the ballot that had not been approved by at least two-thirds of the legislature.

6. Conducting a primary and a general election simultaneously despite no language in the tribes' constitution or election code to allow it.

Court was adjourned before closing arguments were presented in Wood's case and was scheduled to continue on Tuesday, Nov. 26.

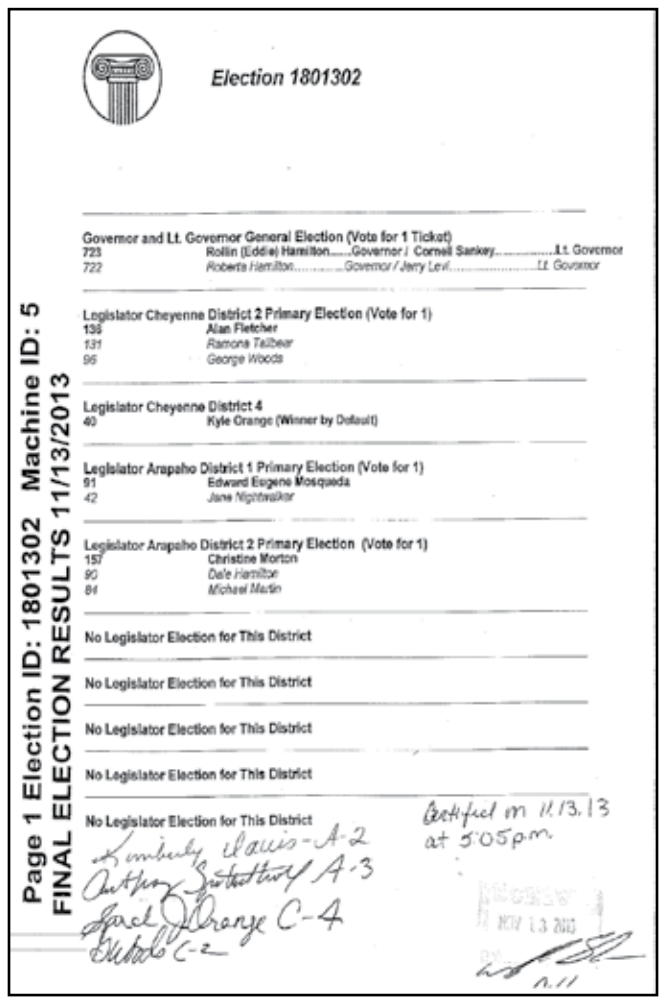
Governor/Lt. Governor candidates, Rollin "Eddie" Hamilton/Cornell Sankey and Roberta Hamilton/Jerry Levi were on the Nov. 5 General Election ballot.

Preliminary numbers being reported the night of Nov. 5 had Roberta Hamilton/Jerry Levi ahead of Rollin "Eddie Hamilton/Cornell Sankey by ten votes.

On Nov. 6, the Election Commission sent out certified final results declaring a tie, with 699 votes for each.

Challenges to the election results were filed by both sets of candidates with a special election commission meeting being called on Tuesday, Nov. 12, 2013. The meeting, scheduled to begin at 2 p.m., began fours hours late due to a lack of quorum. Granting the requests for a recount, the Election Commission began a recount that lasted into the early hours of Nov. 13.

At 5:05 p.m., Nov. 13, 2013, the Election Commission certified the results of the recount, declaring Rollin "Eddie Hamilton and Cornell Sankey the winners by one vote.



Election 1801302

Page 1 Election ID: 1801302 Machine ID: 5
FINAL ELECTION RESULTS 11/13/2013

Governor and Lt. Governor General Election (Vote for 1 Ticket)
723 Rollin (Eddie) Hamilton.....Governor / Cornell Sankey.....Lt. Governor
722 Roberta Hamilton.....Governor / Jerry Levi.....Lt. Governor

Legislator Cheyenne District 2 Primary Election (Vote for 1)
136 Alan Fletcher
131 Ramona Tallbear
96 George Woods

Legislator Cheyenne District 4
40 Kyle Orange (Winner by Default)

Legislator Arapaho District 1 Primary Election (Vote for 1)
91 Edward Eugene Mosqueda
42 Jane Nightwalker

Legislator Arapaho District 2 Primary Election (Vote for 1)
157 Christine Morton
90 Dale Hamilton
84 Michael Martin

No Legislator Election for This District
No Legislator Election for This District
No Legislator Election for This District
No Legislator Election for This District
No Legislator Election for This District

Certified on 11.13.13 at 5:05pm.

Roberta Hamilton's campaign stated they have filed a challenge for the recount and have been awaiting the Election Commission to address their challenge.

Sources within the tribal courthouse said as of Tuesday, Nov. 19, there has not been an election appeal filed in the Supreme Court by the Hamilton/Levi campaign.

The legislative run off election for Cheyenne District 2 (C2) and Arapaho District 2 (A2) is set for Dec. 17, 2013. Facing off for the C2 legislative seat will be Alan Fletcher and Ramona Tallbear. For the A2 legislative seat will be Christine Morton and Dale Hamilton.

Incumbent, Edward Eugene Mosqueda defeated Jane Nightwalker for Arapaho District 1 seat in the Nov. 5 Primary Election. Incumbent Kyle Orange won the Cheyenne District 4 seat by default.

The 2014 Gates Millennium Scholarship online application is open

The deadline is Wednesday, Jan. 15, 2014, 11:59 PM Eastern Standard Time (EST).

The Gates Millennium Scholars (GMS) Program selects 1,000 talented students each year to receive a good-through-graduation scholarship to use at any college or university of their choice.

Gates Millennium Scholars Program Awards Scholarships to American Indian and Alaska Native Students Across Indian Country. This year 150 American Indian and Alaska Native students representing communities from coast to coast have been confirmed as Gates Millennium Scholars for the 2013-2014 academic year.

The GMS Program, funded by a grant from the Bill & Melinda Gates Foundation, was established in 1999.

The American Indian Graduate Center Scholars (AIGCS) is the American Indian/Alaska Native partner for the GMS scholarship.

Students are eligible to be considered for a GMS scholarship if they meet all of the following criteria:

1. Are African American, American Indian/Alaska Native, Asian & Pacific Islander American or Hispanic American

2. Are a citizen, national or legal permanent resident of the United States

3. Have attained a cumulative high school GPA of 3.3 or have a GED

4. Will enroll for the first time at a U.S. located, accredited college or university (with the exception of students concurrently pursuing a high school diploma) in the fall of 2014 as a full-time, degree-seeking, first-year student. First-time college enrollees can also be GED recipients.

5. Have demonstrated leadership abilities through participation in community service, extracurricular or other activities

6. Meet the Federal Pell Grant eligibility criteria

7. Have completed and submitted all three required forms: the student's application (Nominee Personal Information Form), an evaluation of the student's academic record (Nominator Form) and an evaluation of the student's community service and leadership activities (Recommender Form) by the deadline.

For more information contact the Cheyenne and Arapaho Higher Education office at (405) 422-7560.

Morgan Bullcoming Salutatorian

Morgan Bullcoming was honored as Salutatorian of Lookeba-Sickles High School in May 2013. Morgan is attending Southwest Oklahoma State University (SWOSU) in Weatherford, Okla., maintaining a 4.0 GPA.

During the Cheyenne and Arapaho Higher Education Fall Student meeting at SWOSU, Morgan attended and assisted throughout the meeting. Staff said they appreciated her being there and helping out.

Morgan received a Pendleton blanket from the Higher Education Program as an honorarium for her outstanding accomplishment. Her grade point average was 3.95 at graduation from Lookeba-Sickles High School and she ranked second in her graduation class.

Morgan is the daughter of Angela Silago and Donald Bullcoming Jr.

Her family, friends and education staff are very proud of Morgan and want to say to keep up the good work.

Cheyenne and Arapaho Higher Education program welcomes new counselor

Tashina Tahdooahnippah has been hired as a counselor in the Cheyenne and Arapaho tribes' Higher Education office.

She attained a Bachelor of Science in Business Administration, with emphasis in Tribal Management degree from Haskell Indian Nations University in the Spring 2009 and is pursuing plans to enter a master's program in the Fall 2014.

She will be working with tribal high school juniors and seniors on college preparation, recruiting tribal members for the tribes' scholarship program, working with current students, along with many other duties.

Tashina says, "believe in yourself and have faith in your abilities."

Welcome to the Higher Education program Tashina.

Powwows & Events CALENDAR

Cheyenne and Arapaho Education Program's GED Pre-Test Days

10 a.m. - 3 p.m. Dec. 4 and Dec. 11, 2013 at the Canton Community Center in Canton, Okla. Open to all Native Americans residing in Cheyenne and Arapaho service areas and surrounding communities. For more information contact Sheena Gaines at (405) 201-1310.

The annual Cheyenne and Arapaho tribes' Christmas Bazaar

10 a.m. - 4 p.m., Dec. 13, 2013 at the Clinton Community Center in Clinton, Okla., and 10 a.m. - 4 p.m., Dec. 20, 2013 at the Concho Community Center in Concho, Okla. Craft and food vendor rates are $35. For vendor information contact Norma Fisher at (580) 331-2384. For information about the bazaar contact Nick Barton at (580) 331-2372.

Oklahoma Indian Nation's Benefit Dance

Dec. 14, 2013 at the Concho Community Center in Concho, Okla. Dinner at 6 p.m. with dance to follow. All proceeds will benefit the August 2014 Oklahoma Indian Nations powow.

Watonga Community Committee Christmas powwow

Dec. 21, 2013 at the Watonga Multi-Purpose building in Watonga, Okla. Gourd dance at 3 p.m., supper at 6 p.m. with dance to follow. For more information contact Sherri Hicks at (405) 422-7873.

The first annual Dance for Prevention and Recovery

Jan. 4, 2014 at the Clinton Community Center in Clinton, Okla. Head staff and time to be announced at a later date. Chair is Ronald W. Kaulay, vice-chair is Tammy Rios and secretary is Ruth Bearshield.

Oklahoma City Powwow Club's New Year's Dance

Jan. 4, 2013 at the Cox Communications Building, Oklahoma City State Fairgrounds at 7 p.m. For more information contact Berdina Kodaseet at (405) 201-1283.

First birthday dance for Matthew Kendric Kauley

Jan. 11, 2014 at the Hammon Community Center in Hammon, Okla. Supper at 5 p.m. with dance to follow. Everyone is invited to attend.

Special Memorial Services for Paul Travis Rhodes

April 11, 2014 Peyote meeting in Clinton, Okla. Supper at 5:30 p.m.

April 12, 2014 Gourd dance at 2p.m., supper at 5:30 p.m. at the Concho Community Center in Concho, Okla. For more information contact Donna Martin at (918) 606-1447 or (918) 321-2654.

Eating well for DIABETES

Eating More Fruit

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

The USDA recommends that Americans get two to four servings of fruit a day; the average American only eats one. If that is your average intake there are some tips to help you incorporate more fruits in your diet.

Add to your cold cereal in the morning bananas or peaches, add blueberries to waffles or pancakes. You can also use them as toppings, as strawberries and bananas make good toppings as well.

At lunch time pack grapes, oranges apples or a fruit salad, bring individual portions of fruit or chose fruit off of a salad bar.

At dinner, toss fruit into a salad, grill fruit on skewers or serve fruit as dessert or dessert topping, nuts and raisins are a great afternoon snack.

Fruit contains carbohydrates so it is important to eat the appropriate portion size. Make sure that if you choose canned fruits, it's packed in its own juice or water and that it has no added sugar or sodium.

For more information contact the Diabetes Wellness Program at (800) 247-4612 ext. 27685.

Source: Diabetes Self-Management November/ December 2013; pg. 56.

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WARRIORS ARE FOREVER
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Veteran or Service Personnel or
Anyone Who Has Walked Thru Hardships & Pain
Michael Toahty-Owner/Operator
(269) 861-4148

Happy Birthday

Happy 3rd Birthday
to my princess,
Daviani Wannie-
Patsy WhiteShield
I love you so much,
there simply aren't
enough words. God
has blessed me by
giving me a daughter
like you!
December 3rd is the
best day of my year!!
Infinite hugs and
kisses, mommy

Dr. Berlin , May your birthday bring you many more blessings to you and your family. I want to thank you for your service to the Cheyenne and Arapaho people. You helped start an awareness of our fading languages by starting Cheyenne and Arapaho language classes at SWOSU. You had the vision to start the Cheyenne Arapaho Education Department in 1978. Before there was an AIHEC and the approximately 40 current tribal colleges, you tried to start a tribal college at Concho. You saw the importance of operating our own schools by trying to contract the now closed Concho School. These are just a few of your contributions and I am sure you could add the many valued relationships with individual tribal members.
Happy Birthday! -
Quinton Roman Nose

Happy 8th Birthday
Jayna Graham
Dec. 5
We love you and are
blessed to have you in
our lives.
We are very proud of
your participation in
cheerleading clinic,
softball and being
selected as student of the
month.
May God bless your
health and childhood
happiness.
Someday you are going
to school at OU.
Love uncle Bill, uncle
Bob, mom Kritie and
G.G. Bertha

Happy 7th Birthday
Marcella Delores
Sankey our
"Cella Bearz"
Dec. 12
God blessed our family
with a very special
and big hearted
little girl, she
loves everyone of her
family members, and
the out going of love
from her family
and friends is even
greater.
Cella attends "The
school for the Deaf"
and has blossomed
in to ASL we are very
proud of this little girl!

Happy Belated Birthday
Myrisha Sharnay Black
Nov. 17

Happy 22nd Birthday Sally!
We love Marla and mom

Happy Birthday Neveah!
Love grandma and auntie

Happy Birthday
Anissa Lynn
White-Spottedbird Dec. 6
May you have, all the joy
in your heart can hold, all
the smiles a day can bring,
all the blessings a life can
unfold. May you get the
world's best in everything
Wishing you a very
Happy Birthday!
Love you very
much, Margaret
Fasthorse

Happy 4th Birthday
to our little princess,
Naleigh White Tail
Mendivil
Dec. 10
Love, Nii shii gii, papa,
daddy, sister, brother,
aunties, uncles and your
dog Kobe

June Rose Black
we love
and miss you
Nov. 13

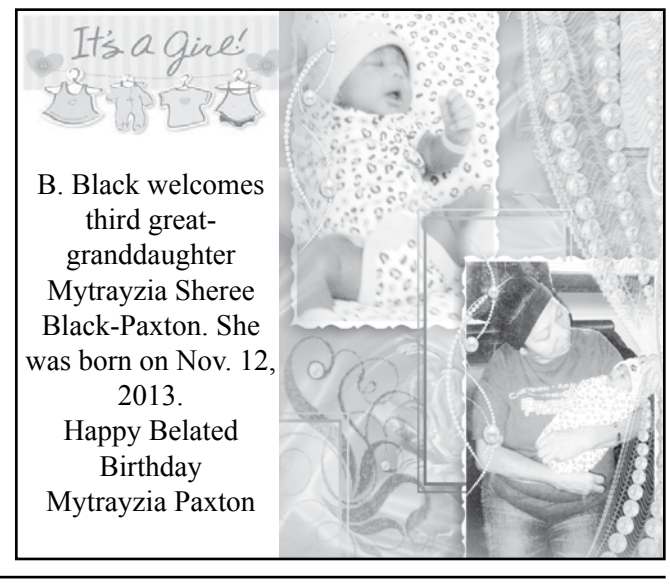
Happy 5th Birthday
Abbigayle! On Dec 2….
You have grown into
such a beautiful little girl
and been such a blessing
to all of us. I wish you the
best birthday and many
blessings.
You are going to be the
best big sister ever and
we love you to pieces.
Love mom, daddy, Novi,
Avril, Johnnie Joe,
Joshua, and soon to be
sister, Yvette and all your
Birdshead family and
relations

Happy Birthday to Tomi
Hope you
have a great day!!!!
Love from your Sister Ethel
Always thinking
of you and Vernell

Birthday wishes to our son,
Patrick Emhoolah II
Nov. 15
Love Michael and Kenzie
and all your family.

Wishing two very special
people a happy and blessed
birthday!
Bubba Pedro- Dec. 5 and
Gracelyn Pedro-Dec. 10
Love your family,
Crystal, Alex, Jaycee and
Sweet Brown

Welcome to the world
Canaan Andrew
Bruesh!!
Born on Sept. 2, 2013
to Phalen and Amanda
Bruesh. Cannan weighed
9 pounds, 8 ounces and
was 21 inches long.
Pictured with his proud
grandmother Virginia
Reyes.



B. Black welcomes
third great-
granddaughter
Mytrayzia Sheree
Black-Paxton. She
was born on Nov. 12,
2013.
Happy Belated
Birthday
Mytrayzia Paxton

Obituaries

In Loving Memor of
Jennie Curtis
Feb. 19, 1927 – Nov. 9, 2013

Wake services were held for Jennie Curtis on Nov. 12, 2013 at the Concho Community Hall in Concho, Okla.

The funeral service was held for Jennie on Nov. 13, 2013 at the Concho Community Center in Concho Okla.

In Loving Memory of
Dareth A. Reed
Feb. 14, 1955 – Nov. 13, 2013

Dareth A. Reed was born on Feb. 14, 1955 in Lawton, Okla. to Robert G. and Mildred A. (Renfrew) Stegall. She passed away on Nov. 13, 2013 at her home in Geary, Okla. at the age of 58.

Dareth graduated from Geary High School and attended SWOSU in Weatherford. She married Bill Reed on May 16, 1975 in Geary.

She worked for the Geary Elementary School for 19 years in various different positions. Dareth loved to read and was a member the Geary First United Methodist Church.

Survivors Include: her husband, Bill Reed of Geary, Okla., her daughter, Lacy Reed Brummal of Edmond, Okla., and granddaughter, London Brummal of Edmond, Okla., as well as other relatives and friends.

She was preceded in death by her parents, Bob and Mildred Stegall, and her sister, Marilyn Witcher.

Memorial Services were held for Dareth on Nov.17, 2013 at the First United Methodist Church, Geary, Okla.

In Loving Memory of
Fred Lee Stone Jr.
Sept. 3, 1956 – Nov. 15, 2013

An all night wake service was held for Fred Lee Stone Jr. on Nov. 15 at the Concho Community Center in Concho, Okla.

Funeral services were held for Fred on Nov. 19, 2013 at the Concho Community Center in Concho, Okla.

In Loving Memory of
Kris A. Littleraven
Sept. 27, 1951 – Nov. 11, 2013

Kris A. Littleraven was born on Sept. 27, 1951 in Port Hueneme, Calif. to Troy Alfred and Alberta Christine (Miller) Littleraven. He passed away on Nov. 11, 2013 in Oklahoma City at the age of 62.

He was an Arapaho Chief and former General Manager of Lucky Star Casino. Kris loved growing ceremonial gourds and playing the guitar. He was a member of the Native American Church.

Survivors Include: his adopted children, Brianna, Olivia, Anna, Carman, David, and Lucky Star daughter, Vanessa Pedro White, his siblings, Troy L. Littleraven of Geary, Okla., Lyle Littleraven of Calumet, Okla., Dennis Littleraven of Sumner, WA, Rory Littleraven of Geary, Okla., Barbara Beard of Geary, Okla., Kay Mackety of Geary, Okla., and Janis Littleraven of Tacoma, WA, as well as many nieces, nephews, grandchildren, great grandchildren, and other relatives and friends.

His parents, Troy and Alberta Littleraven, his sister, Bonnie Littleraven, and his brother, David Littleraven, preceded Kris in death.

Graveside services were held for Kris on Nov. 15, 2013 at the Concho Cemetery in Concho, Okla.

CLASSIFIEDSECTION

Employment:

Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver's license and a copy of CDIB to Personnel Department, P.O. Box 38, Concho, Okla. 73022 or email whaag@c-a-tribes.org.

Administrative Officer
Food Distribution, Watonga, Okla.
Closing date: Until filled

Qualifications:

Twenty-four hours of college coursework minimum. Posses valid State driver's license, furnish copy with application. CDL or CDL eligible-class B. Currently certified or eligible for forklift certification. Training and warehouse work experience; familiar with warehouse and loading & unloading safety practices as well as applicable regulations/policies. Working knowledge and experience using computers. Demonstrate experience and ability to relate and communicate well with Indian and Non-Indian individuals/households. Strong organization, writing and communication skills.

SALARY: Negotiable

Transit Driver II
Tribal Transit Program
El Reno and Surrounding Area
Closing date: Until filled

Qualifications:

Valid Oklahoma Class D driver's license. Pass a pre-employment drug screening and subject to random drug testing. Must be able to lift a minimum of 50 pounds with no physical barriers. Communicate to patrons and supervisory any findings or incidents. High School diploma or GED. Cheyenne and Arapaho preference.

SALARY: Negotiable

Curriculum Specialist
Language Program
Closing date: Until filled

Qualifications:

Bachelor's degree in education. Experience working with Native population. Academic training, knowledge and experience in foreign language pedagogy, teaching methods and curricula in primary and secondary education settings. Academic training, knowledge and experience in online, hybrid and blended educational settings. Experience developing academic curricula, interactive classroom instruction and student learning. Experience working in close collaboration with skilled staff. Knowledge of academic assessment models and methods sufficient to collaborate with professionals in this area. Organizational and time management skills. Ability to work on multiple projects simultaneously. Set and meet deadlines collaboratively and on individual projects. Experience working in an environment that requires interpersonal communication skills to create and maintain professional collaborative working relationships. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service area. Valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Teaching Specialist
Language Program
Closing date: Until filled

Qualifications:

Bachelor's degree in education. Experience working with Native population. Academic training, knowledge and experience in foreign language, teaching methods, and curricula in primary and secondary education. Experience designing and evaluating workshops and other teaching activities. Academic training, knowledge and experience in online, hybrid and blended educational settings. Experience developing academic curricula, interactive classroom instruction and student learning. Skills to critically assess the form and content of instructional materials for use in a wide variety of education settings and by diverse users. Experience working in close collaboration with skilled staff. Knowledge of academic assessment models and methods. Organizational and time management skills. Ability to work on multiple projects simultaneously. Set and meet deadlines. Proficient in grammar, both oral and written. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service areas. Posses a valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Project Inspector, Full-Time/Permanent
Roads Building, Concho, Okla. or Clinton Satellite Office, Clinton, Okla.
Closing date: Until filled

Qualifications:

Applicant be familiar with plan reading, able to analyze maps, understand construction specifications and the importance in quality control. Individual who is able to work independently with little supervision and able to delegate tasks to various staff members and management. Able to demonstrate initiative in assuming responsibilities and work cooperatively with professionals as well as non-professions. Experience in construction and/or grant management is helpful, specifically quality control and assurance. BA in any field of study preferred, associates with at least two years experience in quality control and/or quality assurance acceptable (years may be acceptable to be equivalent to the degree and experience requirements). High school diploma or GED. Understand AutoCad software and/or GPS/GIS software, or like software. Willing to attend various training programs. Must possess current Oklahoma state driver's license and have reliable transportation. Must pass pre-hire drug screen/test. Cheyenne and Arapaho preference.

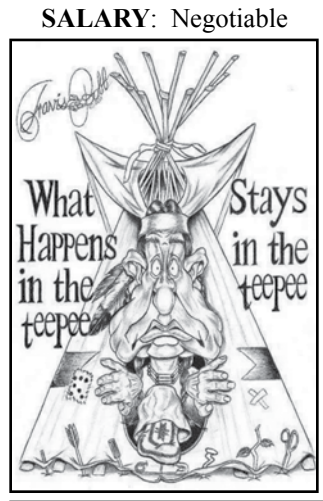
SALARY: Negotiable

Administrative Assistant
Language Program
Closing date: Until filled

Qualifications:

Four years of clerical experience or an equivalent of education and experience. High school diploma or GED certification required. Experience working with Native populations. Knowledge of basic data entry. Basic knowledge of spreadsheets. Knowledge of Microsoft Office. Proficient in grammar, both oral and written. Ability to work flexible hours including evenings and weekends. Able to travel within the Cheyenne and Arapaho service areas. Possess a valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

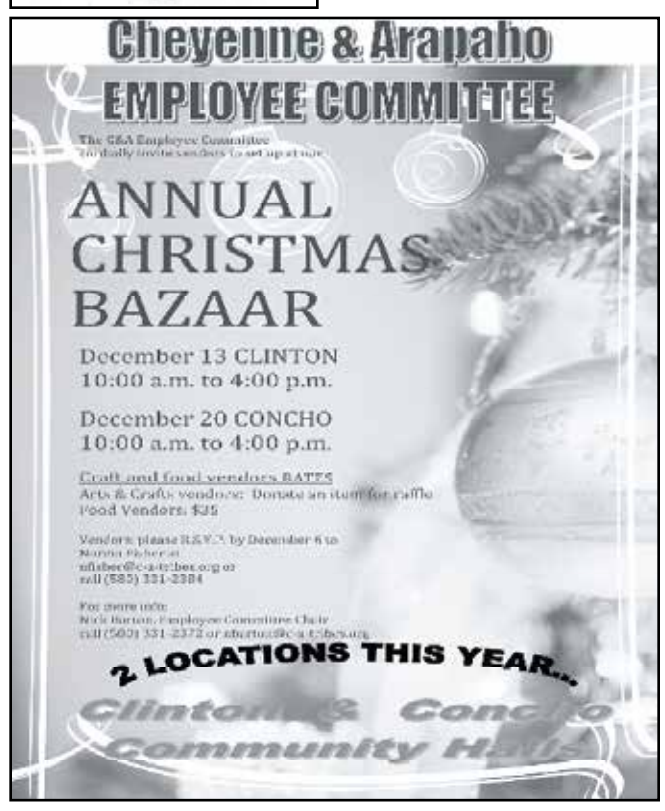


Arapaho Researcher
Language Program
Closing date: Until filled

Qualifications:

Bachelor's degree in Linguistics, Native American Studies, Anthropology or related field preferred. Experience working with Native population. Academic training, knowledge and experience in Native American languages and cultures. Skills to critically assess the form and content of language materials. Basic computer skills. Ability to learn audio and video recording skills. Organizational and time management skills to establish and pursue priorities and goals consistent with program mission. Set and meet deadlines collaboratively and on individual projects. Experience working in an environment that requires interpersonal communication skills to create and maintain professional working relationships. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service area. Possess a valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable



Dear Editor

Dear Editor of the Cheyenne and Arapaho Tribal Tribune,

To all that read this article you may agree or you may disagree, but everyone has their own belief and their own opinion. As the undersigned, a penitent female, tribal member and elder of the Cheyenne and Arapaho tribes, I cannot over look and I disagree in allowing sodomites to obtain marriage licenses from our Cheyenne and Arapaho trial court and promoting of sodomy unnatural sexual perversion, forbidden by Lord God's law (Deuteronomy 23:17) Whoredom in every capacity is banned, as well homosexuality.

I strongly believe in the Holy Triune God head-God the father, God the son, and God the Holy Ghost (Spirit). God has said that His word abides forever and Jesus said that "heaven and earth will pass away but His words will never pass away" (Mathew 24:35). I believe the Holy Bible is inspired word of God, which he has given to man to reveal God's eternal Master Plan and Purposive will for all creation. I believe the Holy Bible is infallible, authoritative and that it provides the rules of faith and conduct for all Christians, (Disciples of Christ Acts 11:26) living.

Since the Bible is the word of God, we must believe what it says and we care not that it's not popular because it is more important to believe what God says then what humans think. What is popular is not always the right thing and what is the right thing is not always popular, so let's read the word of God to see what He says about marriage, same sex marriage, and homosexual relationships.

When Jesus was speaking about marriage and grounds for divorce, He actually gave God's definition of marriage saying, "But from the beginning of creation, God made them male and female. For this reason a man shall leave his father and mother, and the two shall become one flesh; so they are no longer two, but one flesh. What therefore God has joined together let no man separate." (Mark 10:6-9). Jesus is quoting from the book of Genesis, where the very first, God ordained marriage originated, "So God created man in His own image; in the image of God He created him; male an female He created them" (Gen.1: 27).

Here we see that God not only performed the first marriage ceremony, He was the originator of marriage and it was - in the beginning - between a man and woman. God knew that it was not good for a man to be alone, so He made a woman for Adam. In fact, God did not make man to be joined with men or women to be joined with women, but to be joined with someone of the opposite sex. It would have been impossible to "Be fruitful and increase in number, and fill the earth" (Gen.1: 28)

There is no room for error when we read the scriptures in both the Old and New Testament about men having sexual relationships with men and women with women. Thou shalt not lie with mankind; as with womankind; it is abomination (Leviticus 18:22), (Leviticus 20:13), (Romans 1:27).

The evil inclination within man grows with each sinful deed, ingraining itself more deeply into his nature through repeated exercise. The evil inclination that causes him to resist right, always to be obstinate and disobedient, always stubbornly contrary, and always to be persistent in his errors and faults.

The evil inclination makes a man imagines his way is a straight path that will lead him to success and happiness, but he recognize that the end of his sinful way is death because Jehovah God's word declares this to be true. (Romans 6:23). This means spiritual death, which is separation from God.

The fear of the Lord is the beginning of wisdom and the knowledge of the Holy is understanding (Proverbs 9:10).

The word of God endures forever,

Pauline White Tail

Tribal member

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED
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IN THE TRIAL COURT
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IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

DELITA STARR, Plaintiff
vs.
RAVEN JOHNSON
DANIELMEELY, Defendant

Case No: CIV-2013-0100

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: Raven Johnson, Daniel Meely

You are hereby notified that **Delita Starr** has filed in this Court a Petition For Custody of minor child, **S.J.M.** and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the **9th** day of **DECEMBER**, 2013 at **10:00 A.M.**, at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this **19TH** day of **NOVEMBER, 2013.**

Fran Wilson, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

PETITIONER
Delita Starr
16792 E. 790 Rd.
Kingfisher, OK 73750

PLEASE DISGARD LAST NOTICE!!!

CHEYENNE & ARAPAHO TRIBES

OFFICE: (405) 422-7873
FAX: (405) 422-8261
TOLL FREE: 1-(888)-747-9520

December

CHYEYENNE & ARAPAHO FOOD DISTRIBUTION PROGRAM 2013

Office Hours: 8am-5pm
Store Hours: 9am-3:30 pm
Certification: 9am-3pm

OPEN DURING LUNCH

Happy Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Happy Birthday DAVID	10 Clinton #1	11 Seiling Happy Birthday CAROL	12 Hammon Nutrition ED Demo	13	14
15	16	17 Clinton # 2	18 Nutrition ED Demo	19 Elk City	20	21
22	23	24	25 CLOSED Merry Christmas	26	27	28
29	30	31 CLOSED FOR INVENTORY	HAVE A SAFE & HAPPY HOLIDAYS			

Cheyenne and Arapaho Food Distribution Green House Project Schedule

December 2013

WEATHER PERMITTING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Watonga 8a-5p	3. Clinton 10a-2p	4. Canton 10a-2p	5. Concho 10a-2p	6. Watonga 10a-2p Nutrition Ed.	7.
8.	9. Watonga 8a-5p	10. Clinton 10a-2p Nutrition Ed.	11. Canton 10a-2p	12. Concho 10a-2p	13. Watonga 8a-5p	14.
15.	16. Watonga 8a-5p	17. Clinton 10a-2p Nutrition Ed.	18. Canton 10a-2p	19. Concho 10a-2p	20. Watonga 8a-5p	21.
22.	23. Watonga 8a-5p	24. Clinton 10a-2p	25. CLOSED Merry Christmas	26. Concho 10a-2p	27. Watonga 10a-2p Nutrition Ed.	28.
29.	30. Closed for Inventory Watonga 8a-5p	31. Closed for Inventory Watonga 8a-5p	Daryn West-Green House Coordinator Office#:1-888-747-9520 Watonga, OK			

USDA is an equal opportunity provider and employer.

Nutrition Education
Holidays

ATHLETES SPOTLIGHT

Together Everyone Achieves More

By Rebecka Lyman, Reporter

Fifteen year-old, Gabe Rednose stands 6' 2", and plays football for Kingfisher High School. You can find the left tackle on the football field wearing jersey number 60.

When did you first begin playing?

I started playing football in the fifth grade.

What is it about the sport that you love the best?

The bond that we all make as teammates.

What has been your biggest accomplishment in the sport so far?

Being on a team that made it to state championships last year.

What are some of your goals, (sports, life, school)?

I would like for our team to win state this year.

What actions are you taking to reach these goals?

Work harder, practice more and make it to weights, just do my part as a team player the best I know how.

What has been the most exciting game you have played in?

Playing against Hennessey this year, I got to start in that game and I was really excited, especially being a sophomore.

What is the best advice you have ever been given and who gave you that advice?

From my middle school football coach, Mr. Hart, he would always say 'Whenever you get hurt just get up and rub dirt on it.'

Do you have a saying or motto that you live your life by?

No, I don't.

Who or what inspires you the most?

My brother Andy, because he was the football captain of his team when he played, he was also a straight A student. Andy is a really good dad and brother. He is someone that I can look up to.

What work out routine do you have for training in your sport?

Twice a week I am working out at school at 6:30 in the morning in the weight room lifting weights.

What are one or two things in your training, that you feel are keys to you being successful in your sport?

Definitely squats, I can't do it very well, but I try real hard.

What is your favorite meal before or after a game?

Chicken Rice. Landon Nault's mom makes the whole team chicken and rice before every game, and it is a really good meal.

Who has had the biggest impact on your life?

Again, my brother, Andy. When my parents were going through a divorce I was always over at his house, he is always there for me.

What are some of your hobbies (what do you like to do when not playing sports)?

I enjoy hanging out with friends and going to the movies.

What kinds of music do you enjoy listening to?

I like all music … I like to dance.

What is one thing about you that no one else knows?

I like to sing, when a song comes on the radio, I will sing along.

If you could change one thing in the world, what would it be?

I would change my squat max and make it go up about 100 pounds.

What do you someday dream of doing?

Going to college and taking care of my schoolwork so that I can get there.

Who is your favorite athlete of all time?

Trent Cole, number 58, plays for the Philadelphia Eagles, defensive end. He is the first player I started watching when I started playing football.

Which team is your favorite team?

Oklahoma Sooners.

What are your plans after graduating high school?

Going to college, getting my basics done and getting a good job.

What would be your advice to younger kids coming up behind you?

No matter how hard life or sports may get, don't stop.

All Tangled Up
Hair Services and Treatments
TUES-FRI 9 AM-6 PM
SATURDAY 8 AM-3 PM
Lorena Garcia (405) 659-7451
Baneza Garcia (405) 919-8162
Sarah Carnott (405) 625-9406
Sara Lamebull (405) 255-5310
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Call for appointments Walk ins welcome!
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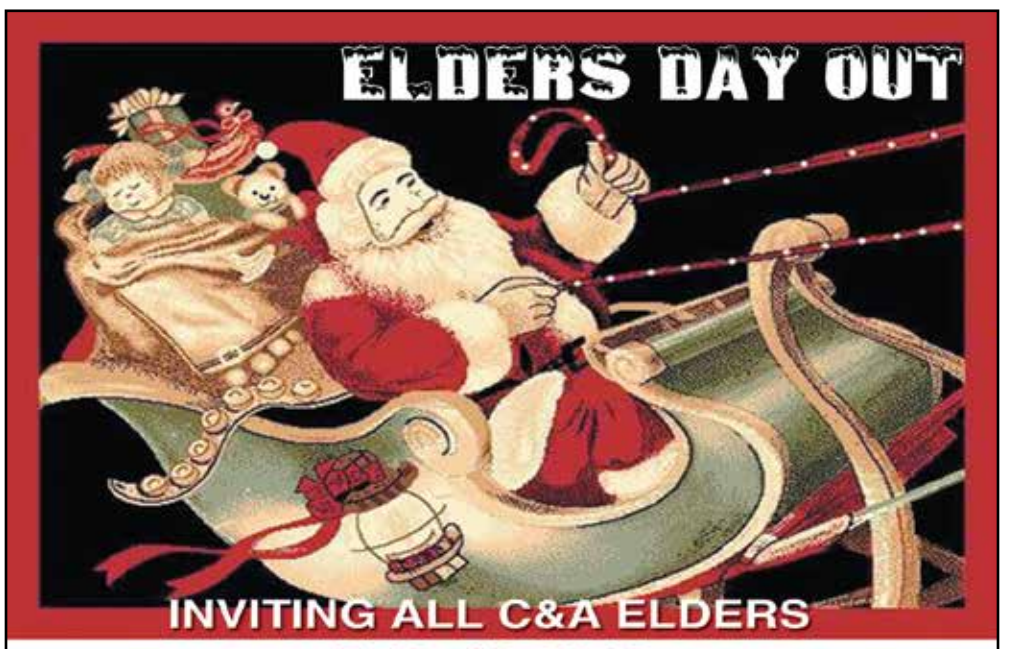
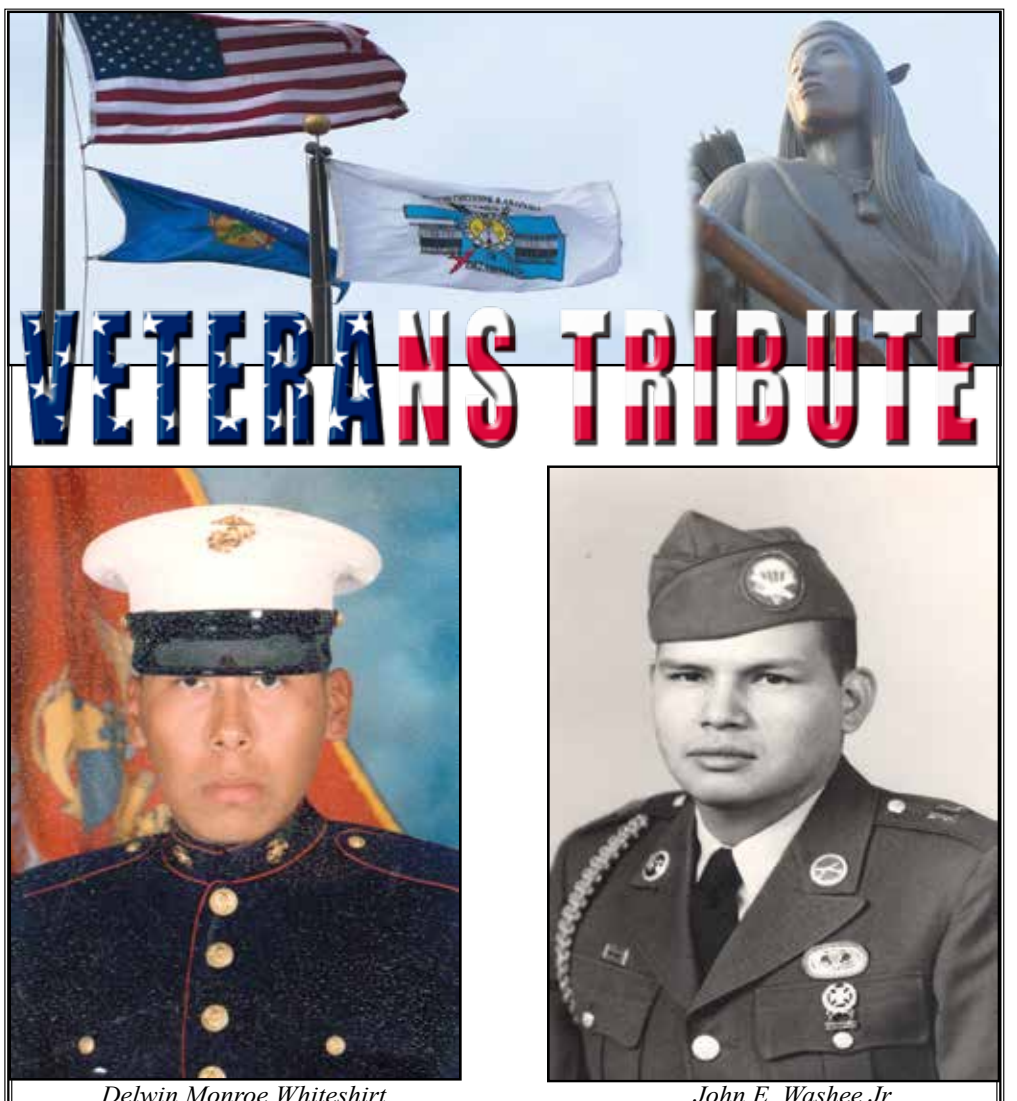
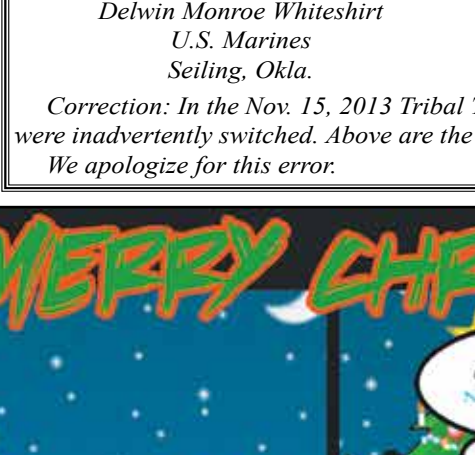
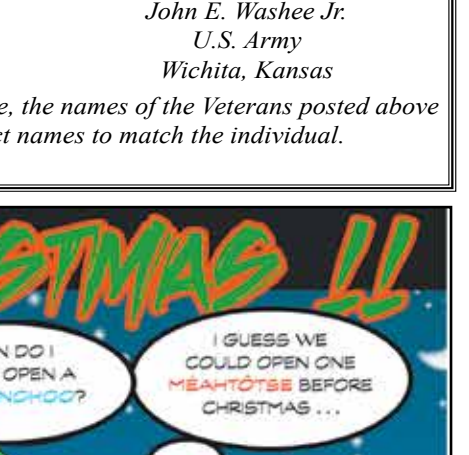
Highlights/color/designer updos/facials/wax







Delwin Monroe Whiteshirt
U.S. Marines
Seiling, Okla.



John E. Washee Jr.
U.S. Army
Wichita, Kansas

Correction: In the Nov. 15, 2013 Tribal Tribune, the names of the Veterans posted above were inadvertently switched. Above are the correct names to match the individual. We apologize for this error.

THE ADVENTURES GOVETSE & KOO'OH
MERRY CHRISTMAS !!
E-HOESANESTOVE!
MERRY CHRISTMAS!
HOONOBEE' HOONOUSOO!
WHEN DO I GET TO OPEN A NEECEENOHOO?
I GUESS WE COULD OPEN ONE MÉAHTÓTSE BEFORE CHRISTMAS . . .
HERE'S WHAT GOVETSE ("GO VITS"; FUNNY MAN), KOO'OH ("KAW AW"; COYOTE), AND THEIR FRIEND SAID:
CHEYENNE: E-HOESANESTOVE (I HO 'SS SAN NI STOV) = IT'S CHRISTMAS/MERRY CHRISTMAS; MÉAHTÓTSE (MI AH TOZ) = GIFT
ARAPAHO: HOONOBEE' HOONOUSOO (HAW NOB AH HAW NO THAW) = MERRY CHRISTMAS; NEECEENOHOO (NAH CHAH NAW HAW) = GIFT
MORE ADVENTURES OF.....
GOVETSE & KOO'OH
COMING SOON !!!

Church unites Native spirituality, Christianity

By Nikki Tundel

MINNEAPOLIS (AP) – Some people assume Jason Thunderbird prays to eagles. Others are convinced he worships rocks. They seem disappointed, he said, when they learn he spends Sunday mornings reciting liturgical texts from a church pew.

Native American spiritual practices are the source of countless misconceptions, he said. Mainstream society has long viewed American Indians as disciples of Mother Earth, but "all the stereotypical stuff you saw on John Wayne is not real."

Thunderbird attends All Saints' Episcopal Indian Mission in Minneapolis. It's a tiny church, services average about 20 attendees, and one of just a handful of ministries in the country that unite the spiritual customs of indigenous communities with the religious traditions of Christianity.

During worship, the Rev. Robert Two Bulls covers the altar with a star quilt. Instead of burning incense, he opts for sweet grass. Two Bulls is a fourth generation Episcopalian. He's been a priest for 13 years, yet he's frequently asked if he truly wants to be a Christian.

His answer is always the same. "I'm a follower of Jesus Christ," he told Minnesota Public Radio. "That's kinda what it boils down to, you know."

For America's indigenous people, late 19th century Christianity meant forced assimilation and cultural domination. Through government-sponsored boarding schools, Christian missionaries worked to convert native children, who were often referred to as "savages".

Generations later, Native Americans who chose Christianity were said to have "sold out" to white people. In some circles, they're still considered traitors. "Why embrace Christianity?" is a question congregant Melody Spears hears often.

"Some of my relatives are anti-church," she said. "There's just bitterness, I guess. I think it's their way of coping with what has happened in the past in our history with the church."

Attitudes are slowly changing, though, said Melody's mother, former vicar Melanie Spears.

"People are not forgetting what happened in the boarding schools," Melanie Spears said. "But, they allow themselves to come into a new part of what makes sense for them spiritually."

For 3 percent of American Indians, that means praising a Christian God while honoring the traditions of their non-Christian ancestors. At All Saints' church, native traditions include native foods.

"There are two buffalo roasts there and two more here and they're still cooking," said congregant Charmaine Bird, as she pointed around the bustling kitchen. For the last five years, the church has operated First Nations Kitchen, an outreach program that provides free Sunday night dinners to those in need. It averages 90 visitors per week, Native and non-Native.

"I like the fact it's indigenous food," volunteer Wendy Johnson said on a recent afternoon as she chopped vegetables for a wild rice salad. "So they're serving people their diet that would have been their diet had they not been oppressed."

The program is open to everyone, no matter their ethnicity or beliefs, said Bird.

"We don't proselytize. We don't make people pray to eat. I think we try to practice what we don't preach in this case," she laughed.

Worshippers gather in front of a beaded cross as the sounds of a traditional Indian drum fill the sanctuary. Integrating indigenous practices with Christian customs isn't always easy. Some feel uncomfortable with scripture being read in Native languages. Others refuse to see how drums can produce "church music." But that's all secondary compared to the process of creating community, Melody Spears said.

Photo by Nikki Tundel

Rev. Robert Two Bulls takes a look around All Saints' Episcopal Indian Mission on November 3, 2013. He'll prepare the sanctuary of the Minneapolis, Minn., church for an evening celebration.

"I'm not really around a lot of native people," Spears admitted. "It's rare for me to be in a class with another Native American. Just being around people who are Native American is comforting to me."

Bird is a fixture at All Saints. But as a descendant of Blackfoot Indians, she never imagined a life devoted to the church.

"I was really angry for a long time. I would tell people, 'No, I'm not a Christian. I don't want anything to do with something that,"' she told MPR. She views things differently, she said, now that she's older.

"I can look at some of these things and go it really has nothing to do with the person of Jesus," she said. "What that embodies for me has nothing to do with the things other people do in the name of Christ."

To some, American Indians who accept Christianity are also accepting two opposing belief systems, though Bird says nothing could be further from the truth. Sweat lodges and stained glass aren't so far apart.

"The deeper you go into any spiritual practice, how can you not see that it's related to all deeper spiritual practices?" she asked. "Yes, the disciplines have different origins in the human world, but spirit is spirit. I don't care what tradition it is. If there's anything that helps to heal the people, I think it's really important."

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